

This Listing of Claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (Canceled)

2. (Canceled)

3. (Canceled)

4. (Canceled)

5. (Canceled)

6. (Canceled)

7. (Canceled)

8. (Canceled)

9. (Canceled)

10. (Canceled)

11. (Original) A method of manufacturing a magnetic recording medium comprising:
depositing a first Co-containing layer on a substrate already coated with seedlayer and/or underlayer to promote appropriate crystallographic orientation and grain structure,
depositing a Co layer on the first Co-containing layer,
depositing a Ru layer on the Co layer and
depositing a second Co-containing layer on the Ru layer,
wherein the Co layer and/or the Ru layer are deposited in a gas environment comprising a moiety selected from the group consisting of Xe, Kr and combinations thereof.

12. (Original) The method of manufacturing a magnetic recording medium of claim 11,
wherein the gas environment has a gas pressure of less than 6 mTorr.

13. (Original) The method of manufacturing a magnetic recording medium of claim 11,
wherein the gas environment has a gas pressure of less than 5 mTorr.

14. (Original) The method of manufacturing a magnetic recording medium of claim 11,
wherein the magnetic recording medium has J_{ex} of 0.1 erg/cm² or more.

15. (Original) The method of manufacturing a magnetic recording medium of claim 11, wherein the magnetic recording medium has Jex of 0.11 erg/cm^2 or more.

16. (Original) The method of manufacturing a magnetic recording medium of claim 11, further comprising depositing a third Co-containing layer between the underlayer and the first Co-containing layer..

17. (Original) The method of manufacturing a magnetic recording medium of claim 11, wherein the Ru layer has a thickness in a range of about 0.1 to 2 nm.

18. (Original) The method of manufacturing a magnetic recording medium of claim 11, wherein the thickness of the Co layer is in a range of about 0.1 to 2 nm.

19. (Original) The method of manufacturing a magnetic recording medium of claim 11, wherein the magnetic recording medium comprises
 $\text{Cr/Cr}_{90}\text{W}_{10}/\text{Co}_{77}\text{Cr}_8\text{Pt}_7\text{B}_8/\text{Co}_{64}\text{Cr}_{12}\text{Pt}_6\text{B}_8/\text{Co}/\text{Ru}/\text{Co}_{61}\text{Cr}_{15}\text{Pt}_{12}\text{B}_{12}/\text{C}$.

20. (Canceled)

21. (Original) The method of claim 11, wherein the appropriate crystallographic orientation is a (200) orientation.

22. (Original) The method of manufacturing a magnetic recording medium of claim 11, further comprising depositing an additional Co-containing layer directly below the first Co-containing layer.
23. (Original) A magnetic recording medium made by the method of claim 11, wherein the magnetic recording medium has Jex of 0.1 erg/cm^2 or more.
24. (Original) A magnetic recording medium made by the method of claim 22, wherein the magnetic recording medium has Jex of 0.1 erg/cm^2 or more.
25. (New) A magnetic recording medium, comprising Cr/CrW/(CoCrPtB)¹/(CoCrPtB)²/Co/Ru/(CoCrPtB)³/C layers, wherein the superscripts denote the layer number of the CoCrPtB-containing layers and the magnetic recording medium has Jex of 0.1 erg/cm^2 or more.
26. (New) The magnetic recording medium of claim 25, wherein the magnetic recording medium has Jex of 0.11 erg/cm^2 or more.
27. (New) The magnetic recording medium of claim 25, wherein the magnetic recording medium is a longitudinal magnetic recording medium.

28. (New) The magnetic recording medium of claim 25, wherein the Co interlayer has a thickness in a range from about 1Å to about 20Å.